

Comparisons of Job Characteristics

Focus Occupation: [Fitness Trainers and Aerobics Instructors \(39-9031\)](#)

Associated Occupation: [Athletic Trainers \(29-9091\)](#)

[Compare Knowledge](#)

[Compare Skills](#)

[Compare Abilities](#)

[Compare Detailed Work Activities](#)

[Compare Tools and Technologies](#)

<<	Focus occupation element is much lower
<	Focus occupation element is lower
0	Focus occupation element is at a similar level
>	Focus occupation element is at a higher level
>>	Focus occupation element is at a much higher level

Knowledge

Similarity of Focus Occupation to Associated Occupation: 75

Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Associated Occupation: Athletic Trainers (29-9091)

Associated Occupation's Key Knowledge Elements	Average Rating, All Occupations	Associated Occupation's Rating	Focus Occupation's Rating	Evaluation of Focus Occupation	
Customer and Personal Service	11.3	18.0	16.8	0	Current knowledge level may be sufficient
Medicine and Dentistry	3.7	17.9	6.0	<<	Extensive education and/or training may be required
Therapy and Counseling	3.8	15.8	6.1	<<	Extensive education and/or training may be required
Psychology	6.4	14.5	10.6	<<	Extensive education and/or training may be required
Education and Training	9.2	13.6	16.3	>	Current knowledge level is likely sufficient
Clerical	7.3	13.0	5.8	<<	Extensive education and/or training may be required
Biology	3.7	11.6	6.2	<<	Extensive education and/or training may be required

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Skills

Similarity of Focus Occupation to Associated Occupation: 88

Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Associated Occupation: Athletic Trainers (29-9091)

Associated Occupation's Key Skills Elements	Average Rating, All Occupations	Associated Occupation's Rating	Focus Occupation's Rating	Evaluation of Focus Occupation	
Monitoring	9.9	13.0	10.5	<	A higher skill level may be required
Social Perceptiveness	9.1	12.9	10.7	<	A higher skill level may be required
Instructing	7.8	11.8	13.1	>	Skill level is likely sufficient
Service Orientation	7.9	11.8	11.5	0	Current skill level may be sufficient
Learning Strategies	7.2	11.0	11.0	0	Current skill level may be sufficient

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Abilities		Similarity of Focus Occupation to Associated Occupation: 53			
Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031) Associated Occupation: Athletic Trainers (29-9091)					
Associated Occupation's Key Abilities Elements	Average Rating, All Occupations	Associated Occupation's Rating	Focus Occupation's Rating	Evaluation of Focus Occupation	
Problem Sensitivity	11.1	15.5	9.0	<<	Extensive improvement in abilities may be required
Inductive Reasoning	10.2	14.8	8.1	<<	Extensive improvement in abilities may be required
Deductive Reasoning	10.6	14.6	8.4	<<	Extensive improvement in abilities may be required
Speech Recognition	9.9	13.4	10.0	<<	Extensive improvement in abilities may be required
Static Strength	5.0	10.0	10.8	0	Current ability level may be sufficient
Dynamic Strength	3.5	7.2	12.2	>>	Current ability level is likely more than sufficient
Gross Body Coordination	3.9	6.9	13.2	>>	Current ability level is likely more than sufficient
Dynamic Flexibility	1.2	2.2	7.5	>>	Current ability level is likely more than sufficient

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Activities that Both Occupations Have in Common		Similarity of Focus Occupation to Associated Occupation: 90
Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031) Associated Occupation: Athletic Trainers (29-9091)		
Work Activities	Exclusivity of Activity	
Use first aid procedures	70	
Use massage therapy procedures	81	
Wrap ankles, fingers, wrists, etc. to support muscles or ligaments	99	

Not all positions in these occupations will necessarily perform all of the listed activities. The exclusivity rating is an indication of how unique the activity is amongst all occupations. The maximum rating is 100. High scores indicate that only a small number of occupations engage in that activity.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Tools and Technologies that Both Occupations Have in Common	Similarity of Focus Occupation to Associated Occupation: 82
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Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)
Associated Occupation: Athletic Trainers (29-9091)

Tools and Technologies	Exclusivity
Aerobic training equipment	47
Blood pressure units and related products	11
Computers	1
Content authoring and editing software	1
Data management and query software	1
Emergency medical services resuscitation products	15
Industry specific software	1
Information exchange software	1
Medical exam size measuring devices	24
Network applications software	1
Rehabilitation exercise devices and equipment	24
Weight and resistance training equipment	70

Not all positions in these occupations will necessarily use all of the listed tools and technologies. The exclusivity rating is an indication of how unique the tool or technology is amongst all occupations. The maximum rating is 100. High scores indicate that only a small number of occupations use that tool or technology.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.